GOBIND MARG

THE MONTHLY BULLETIN OF

GURDWARA SRI GURU SINGH SABHA – HOUNSLOW

SEPTEMBER 2022 – VOL XXIX ISSUE 9

This month we remember the auspicious day in 1604 when Pothi Sahib Ji (Adi Granth) was installed at Sri Harmandar Sahib, by Guru Arjan Dev Ji, on Nanakshahi 1 September, and Bhai Buddha Ji as the first Head Granthi. Its spiritual writings of the Sikh Gurus and other saints were added to by Guru Gobind Singh Ji, who in 1708, raised its status to 'Eternal Guru of the Sikhs' – now known as Sri Guru Granth Sahib Ji in all Gurdwaras.

PROGRAMME

Mon-Sat - Exc Tue - Early

4:00	Parkash
5:00	Nitnem
6:00	Simran
6:30	Asa Di Var
7:45	Ardaas
10:00	Kirtan
10:45	Katha
11:30	Ardaas
Evening	
6:00	Rehraas
6:30	Kirtan
7:00	Katha
7:30	Ardaas
8:00	Sukhasan

Tuesday - Early

4:00	Parkash
5:00	Nitnem
6:00	Simran
6:30	Asa Di Var
7:45	Ardaas
10:00	Kirtan
10:30	Katha
11:30	Sukhmani Sahib Paath
12:15	Ladies Kirtan
2:00	Ardaas
Evening	
6:00	Rehraas
6:30	Kirtan
7:00	Katha
7:30	Ardaas
8:00	Sukhasan

Sunday - Early

4:00	Parkash
5:00	Nitnem
6:00	Simran
6:30	Asa Di Var
7:45	Ardaas
8:00	*AP SPB SS
9:00	Kirtan
9:45	Ardaas
10:00	Youth Kirtan
11:00	Kirtan
12:00	Katha
1:00	Kirtan
2:00	Ardaas
Evening	
6:00	Rehraas
6:30	Kirtan
7:00	Katha
7:30	Ardaas
8:00	Sukhasan

***AP SPB SS – Akhand Path or Sehaj Paath Bhog of Sukhmani Sahib**

Please ensure the Government & Gurdwara Guidelines are followed

ੴ ਸਤਿਗੁਰ ਪਰਸਾਦਿ ॥

GURDWARA SRI GURU SINGH SABHA

Alice Way, Hanworth Road, Hounslow, Middlesex, TW3 3UD
Enquiries: 020 8577 2793 Email: khalsa@sgss.org Website: www.sgss.org

Daily Opening Times:
Gurdwara: 7:00am and 7:00pm. **Main Office:** 10:00am-5:00pm
Matrimonial: 10:00am-1:00pm. Contact via email **marriages@sgss.org**
Note: All views expressed in this publication are those of the authors, and not necessarily of Gurdwara SGSS.

Registered No. 75990 as a place of worship under the Worship Registration Act 1855

Registered Charity No. 83314 **Inland Revenue Ref. CC 15570**

September 2022

Important Days	Event	Nanakshahi Calendar Days	
		September ਭਾਦੋਂ/ ਅੱਸੂ	October ਅੱਸੂ/ਕੱਤਕ
Sangrand (ਸੰਗਰਾਂਦ)	New Month Starts	15	
Puranmashi (ਪੂਰਨਮਾਸ਼ੀ)	Full Moon	10	
Mussia (ਮੱਸਿਆ)	No Moon (Dark Night)	25	
Parkash (Avtar), Gurgaddi, Gurpurb, Shahidi, Jyoti Jot/Barsi, Martyrdom			
Guru Amar Das ji	Jyoti Jot	16	
Guru Ram Das ji	Gurgaddi, Jyoti Jot	16, 16	9 (Parkash)
Guru Arjan Dev ji	Gurgaddi	16	
Guru Angad Dev ji	Gurgaddi	18	
Guru Har Kishen ji	Gurgaddi		20
Guru Har Rai ji	Jyoti Jot		20
Guru Gobind Singh ji	Jyoti Jot		21
Guru Nanak Dev ji	Jyoti Jot	22	
Historical Dates & Events			
First Parkash Guru Granth Sahib ji	'Parkash'	1	
Bandi Chorh Divas	Festival of Lights		24
Guruship Guru Granth Sahib ji	Gurgaddi		20
Sahebzada Zoravar Singh ji	Birthday		28

General Secretary's Report

Gurmeet Singh Dhanoa

Dear Sangat Jee – WaheGuru Ji Ka Khalsa; WaheGuru Ji Ki Fateh!

The invited Katha/Kirtan Jathas during August included Giani Manmohan S Nimana (student of Giani Sant Singh Ji Muskin), Bhai Nirvair Singh Khalsa (Mohali wale) and UK's Veer Manpreet Singh ji.
During this month, a coach trip was also organised to take sangat members to Margate. This was an enjoyable trip for all the participants.

The Summer temperatures during the month soared up to 40°C, raising climate related concerns right across Europe, that are also a key concern to us, with reference to the proposed development on the adjoining land.

The complex development, as proposed, will be a concrete heat trap for the residents whilst it is well known that there is inadequate infrastructure to support such a large scale and dense development. This inadequacy has been accentuated by the National Grid recently stating that there is insufficient electricity supply capacity in West London to support further developments of this scale for at least a decade.

By contrast, the Gurdwara has proposed a Community Green Area with a SEN school.

Despite the common knowledge regarding the Climate change, Land exploitation, financial gain and so much more, the developers have submitted an application to commence remediation works on areas of the soil that are known to be contaminated. This is clearly a very irresponsible tactic and we will continue to challenge the works.

September is when we also activate our Membership Registration programme. Any resident of the London Borough of Hounslow, Hillingdon, Richmond, Royal Boroughs of Kingston or Spelthorne can enrol to become an Ordinary or Life member of the Gurdwara between 11th and 25th September (details – see right).

Further information can be obtained by contacting khalsa@sgss.org

Gurdwara Sri Guru Singh Sabha Hounslow

Gurdwara Membership Registration

Sunday, 11th Sept – Sunday, 25th Sept 2022

Monday to Sunday (Daily)	6:00pm-8:00pm
Tuesday & Sunday (additional slot)	10:00am-2:00pm

Surgery Office, Ground Floor, New Building, Alice Way, TW3 3UD

Residents of the London Boroughs of Hounslow, Hillingdon, Richmond, Royal Boroughs of Kingston or Spelthorne.
Ordinary Membership (3years) £5.00 – Life Membership - £100

We also seek your support from to help us raise funds to secure the land to benefit the Sangat. This can be done in three ways:

By Cheque: Payable to Sri Guru Singh Sabha Hounslow and posted/delivered to Gurdwara Sri Guru Singh Sabha, Alice Way, Hounslow, TW3 3UD
Online: Donations can be made online at www.sgss.org/donate
BACS: Barclays Bank, Sort code 20 96 55 and Account No. 00859095.

Health & Safety:

The present outlook is that Covid-19 will continue to be a feature of our lives for the foreseeable future, so we need to learn to live with it and manage the risk to ourselves and others. We at the Gurdwara reiterate that everyone should continue to follow the Government guidelines to keep yourself and your loved ones safe. The Gurdwara will remain open and encourages all visitors to observe social distancing, wear face covering and wash hands frequently.

Bookings:

To enable us to continue supporting the sangat, we are happy to discuss your needs. During August, services performed were:

- Weddings 16
- Sukhmani Sahib Path/Kirtan 26
- Sehaj Path/Akhand Path 15
- Funerals 9
- School Visits 0 (due to Summer Holidays)
- Trip (Other) 1

Opening Times: The Gurdwara will remain open 7:00am and 7:00pm daily.

Matrimonial Office: 10:00am-1:00pm Daily – Contactable via email marriages@sgss.org
Main Office: 10:00am-5:00pm Daily

Show Your Gratitude: Please donate to the Gurdwara to help run the Sangat services:

By Cheque: Payable to Sri Guru Singh Sabha Hounslow and posted/delivered to Gurdwara Sri Guru Singh Sabha, Alice Way, Hounslow, TW3 3UD
Online: Donations can be made online at www.sgss.or/donate

Sohila Sahib Bani

Pritpal Singh Jagdev

As we have seen the Rehras Sahib bani is recited in the early evening hours. Close to bedtime it is followed by the Sohila Sahib bani. It is also sung to mark the conclusion of the last rites of a departed soul.

As it is usually sung to music, it is often referred to as Kirtan Sohila, meaning a *Song of Praise*. Another name for it is Arti Sohila, in reference to Guru Nanak's beautiful *Arti* hymn.

The Sohila is a composition of five hymns, or shabads, three by Guru Nanak ji and one each by the fourth and fifth Nanaks, Guru Ram Das ji and Guru Arjan Dev ji respectively.

- **The first shabad** visualises the union of the personal self with the Ultimate Reality.
- **The second shabad** presents the singularity of the Ultimate despite endless diversity of scriptures, teachers and philosophies.
- **The third shabad** rejects all modes of external piety and ritual, and vividly portrays the entire cosmos making harmonious worship.
- **The fourth shabad** explains the importance of the divine Naam through which all suffering and transmigration is annulled.
- **The fifth shabad** celebrates life here in this world: we must avail ourselves of this wonderful opportunity to serve others and to win divine merit. The unknown Mystery becomes known to the enlightened person who thereafter enjoys the bliss and freedom of immortality.

This month we explore the first shabad, which appears in the SGGS on Ang 157.

Line	Sohila Sahib	Glossary	Contextual Meaning
	ਸੋਹਿਲਾ ਰਾਗੁ ਗਉੜੀ ਦੀਪਕੀ ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥	ਗਉੜੀ ਦੀਪਕੀ ਮਹਲਾ ੧	Title: Raag Gauri Dipki, by Guru Nanak ji. Short form of the Mool Mantra invocation.
1	ਜੈ ਘਰਿ ਕੀਰਤਿ ਆਖੀਐ ਕਰਤੇ ਕਾ ਹੋਇ ਬੀਚਾਰੋ ॥	ਜੈ ਘਰਿ ਕੀਰਤਿ ਆਖੀਐ	The house/ congregation Praise/ contemplation Spoken, uttered
2	ਤਿਤੁ ਘਰਿ ਗਾਵਹੁ ਸੋਹਿਲਾ ਸਿਵਰਿਹੁ ਸਿਰਜਣਹਾਰੋ ॥੧॥	ਤਿਤੁ ਘਰਿ ਸਿਵਰਿਹੁ ਸਿਰਜਣਹਾਰੋ	That house/ congreg'n Loving remembrance Creator of our being

3	ਤੁਮ ਗਾਵਹੁ ਮੇਰੇ ਨਿਰਭਉ ਕਾ ਸੋਹਿਲਾ ॥	ਗਾਵਹੁ ਸੋਹਿਲਾ	Sing praises (of my Fearless Waheguru)
4	ਹਉ ਵਾਰੀ ਜਿਤੁ ਸੋਹਿਲੈ ਸਦਾ ਸੁਖੁ ਹੋਇ ॥੧॥ ਰਹਾਉ ॥	ਹਉ, ਵਾਰੀ ਰਹਾਉ	Me, Sacrifice Contemplate on this key verse line
5	ਨਿਤ ਨਿਤ ਜੀਅੜੇ ਸਮਾਲੀਅਨਿ ਦੇਖੈਗਾ ਦੇਵਣਹਾਰੁ ॥	ਜੀਅੜੇ ਸਮਾਲੀਅਨਿ	Living beings Remember, mindful
6	ਤੇਰੇ ਦਾਨੈ ਕੀਮਤਿ ਨਾ ਪਵੈ ਤਿਸੁ ਦਾਤੇ ਕਵਣੁ ਸੁਮਾਰੁ ॥੨॥	ਦਾਨੈ ਕਵਣੁ ਸੁਮਾਰੁ	Gift of seeds Who can count
7	ਸੰਬਤਿ ਸਾਹਾ ਲਿਖਿਆ ਮਿਲਿ ਕਰਿ ਪਾਵਹੁ ਤੇਲੁ ॥	ਸੰਬਤਿ ਸਾਹਾ	Year, Wedding day
8	ਦੇਹੁ ਸਜਣ ਅਸੀਸੜੀਆ ਜਿਉ ਹੋਵੈ ਸਾਹਿਬ ਸਿਉ ਮੇਲੁ ॥੩॥	ਸਜਣ ਅਸੀਸੜੀਆ	Friends Blessinngs
9	ਘਰਿ ਘਰਿ ਏਹੋ ਪਾਹੁਚਾ ਸਦੜੇ ਨਿਤ ਪਵੰਨਿ ॥	ਪਾਹੁਚਾ ਪਵੰਨਿ	Letter Receiving
10	ਸਦਣਹਾਰਾ ਸਿਮਰੀਐ ਨਾਨਕ ਸੇ ਦਿਹ ਆਵੰਨਿ ॥੪॥੧॥	ਦਿਹ ਆਵੰਨਿ	Days Approaching

ਪੰਜਾਬੀ ਅਰਥ

Line 1: ਜਿਸ ਸਾਧ-ਸੰਗਤਿ ਘਰ ਵਿਚ ਪਰਮਾਤਮਾ ਦੀ ਸਿਫ਼ਤਿ-ਸਾਲਾਹ ਆਖੀਦੀ ਹੈ ਤੇ ਕਰਤਾਰ ਦੇ ਗੁਣਾਂ ਦੀ ਵਿਚਾਰ ਹੁੰਦੀ ਹੈ ...
Line 2: ... (ਹੇ ਜਿੰਦ-ਕੁੜੀਏ!) ਉਸ ਸਤਸੰਗ-ਘਰ ਵਿਚ ਤੂੰ ਭੀ ਪਰਮਾਤਮਾ ਦੀ ਸਿਫ਼ਤਿ-ਸਾਲਾਹ ਦੇ ਗੀਤ (ਸੁਹਾਗ ਮਿਲਾਪ ਦੀ ਤਾਂਘ ਦੇ ਸ਼ਬਦ) ਗਾ, ਤੇ ਆਪਣੇ ਪੈਦਾ ਕਰਨ ਵਾਲੇ ਪ੍ਰਭੂ ਨੂੰ ਯਾਦ ਕਰ।
Line 3: (ਹੇ ਜਿੰਦੇ!) ਤੂੰ ਪਿਆਰੇ ਨਿਰਭਉ (ਖਸਮ) ਦੀ ਸਿਫ਼ਤਿ-ਸਾਲਾਹ ਦੇ ਗੀਤ ਗਾ।
Line 4: (ਤੇ ਆਖ) ਮੈਂ ਸਦਕੇ ਹਾਂ ਉਸ ਸਿਫ਼ਤਿ ਦੇ ਗੀਤ ਤੋਂ ਜਿਸ ਦੀ ਬਰਕਤ ਨਾਲ ਸਦਾ ਦਾ ਸੁਖ ਮਿਲਦਾ ਹੈ। । ਰਹਾਉ।
Line 5: (ਹੇ ਜਿੰਦੇ! ਜਿਸ ਖਸਮ ਦੀ ਹਜ਼ੂਰੀ ਵਿਚ) ਸਦਾ ਹੀ ਜੀਵਾਂ ਦੀ ਸੰਭਾਲ ਹੋ ਰਹੀ ਹੈ, ਜੋ ਦਾਤਾਂ ਦੇਣ ਵਾਲਾ ਮਾਲਕ ਹਰੇਕ ਜੀਵ ਦੀ ਸੰਭਾਲ ਕਰਦਾ ਹੈ।
Line 6: (ਜਿਸ ਦਾਤਾਰ ਦੀਆਂ) ਦਾਤਾਂ ਦਾ ਮੁੱਲ (ਹੇ ਜਿੰਦੇ!) ਤੇਰੇ ਪਾਸੋਂ ਨਹੀਂ ਪੈ ਸਕਦਾ, ਉਸ ਦਾਤਾਰ ਦਾ ਕੀਹ ਅੰਦਾਜ਼ਾ (ਤੂੰ ਲਾ ਸਕਦੀ ਹੈਂ)? (ਭਾਵ, ਉਹ ਦਾਤਾਰ-ਪ੍ਰਭੂ ਬਹੁਤ ਬੇਅੰਤ ਹੈ) ।2।
Line 7: ਉਹ ਸੰਮਤ ਉਹ ਦਿਹਾੜਾ ਪਹਿਲਾਂ ਹੀ ਮਿਥਿਆ ਹੋਇਆ ਹੈ। ਹੇ ਸਤਸੰਗੀ (ਸਹੇਲੀਓ!) ਰਲ ਕੇ ਮੈਨੂੰ ਮਾਂਈਏਂ ਪਾਓ...
Line 8: ...ਤੇ ਹੇ ਸੱਜਣ (ਸਹੇਲੀਓ!) ਮੈਨੂੰ ਸੋਹਣੀਆਂ ਅਸੀਸਾਂ ਭੀ ਦਿਉ (ਭਾਵ, ਮੇਰੇ ਲਈ ਅਰਦਾਸ ਭੀ ਕਰੋ) ਜਿਵੇਂ ਪਤੀ-ਪ੍ਰਭੂ ਨਾਲ ਮੇਰਾ ਮੇਲ ਹੋ ਜਾਏ।3।
Line 9: (ਪਰਲੋਕ ਵਿਚ ਜਾਣ ਲਈ ਮੌਤ-ਰੂਪ) ਇਹ ਪਰੋਚਾ ਹਰੇਕ ਘਰ ਵਿਚ ਆ ਰਿਹਾ ਹੈ, ਇਹ ਸੱਦੇ ਨਿੱਤ ਪੈ ਰਹੇ ਹਨ...
Line 10: ...(ਹੇ ਸਤਸੰਗੀਓ!) ਉਸ ਸੱਦਾ ਭੇਜਣ ਵਾਲੇ ਪਤੀ-ਪ੍ਰਭੂ ਨੂੰ ਯਾਦ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ, ਕਿਉਂਕਿ ਹੇ ਨਾਨਕ! ਸਾਡੇ ਭੀ ਉਹ ਦਿਨ ਨੇੜੇ ਆ ਰਹੇ ਹਨ ।4।1।1।

English Rendition

Line 1: In whatever sadh-sangat or state of mind meditation on Waheguru is performed, and His praises are sung…
Line 2: …in that house (sadh-sangat or state of mind) sing His praises and meditate upon Him.
Line 3: Sing the praises of my Fearless husband-lord Waheguru.
Line 4: I am a sacrifice to the song which gives perpetual peace. Pause & reflect.
Line 5: Waheguru, at all times, looks after and beholds all beings of His creation.
Line 6: The value of Your gifts Waheguru cannot be counted, therefore who would assess their worth (as Waheguru is limitless)?
Line 7: The day and time of departure (to my husband-Lord's abode) is pre-ordained, so my sangat companions, together prepare me as per custom. [Guru Sahib uses the fitting female marriage metaphor in many of his spiritual hymns, whereby all beings are brides of our husbans-Lord, Waheguru].
Line 8: Give me the blessings [engage in Ardaas] to ensure that I meet with my husband-Lord.
Line 9: Such calls (to reach His abode) are sent every day and gradually being received by every household.
Line 10: O sangat! We should meditate on our husband-Lord who sends the call; says Nanak, that day is approaching for all.

Ashirvaad

ਆਸ਼ੀਰਵਾਦ

Jagtar Singh Thethi

ਆਮ ਤੌਰ ਤੇ ਦੇਖਣ ਵਿਚ ਆਇਆ ਹੈ ਕਿ ਸਿਆਣੇ ਮਾਤਾ ਪਿਤਾ ਬਚਿਆਂ ਨੂੰ ਇਕ ਭਾਰ ਮਹਿਸੂਸ ਹੁੰਦੇ ਹਨ, ਇਸ ਕਰਕੇ ਉਨ੍ਹਾਂ ਦੀ ਸੇਵਾ ਸੰਭਾਲ ਦਾ ਭੀ ਬਹੁਤਾ ਖਿਆਲ ਨਹੀਂ ਰਖਿਆ ਜਾਂਦਾ। ਮੇਰਾ ਇਕ ਜਾਣਕਾਰ ਬੰਦਾ ਨਵੇਂਸ਼ਹਿਰ ਰਹਿੰਦਾ ਸੀ। ਉਸ ਨੇ ਇਕ ਵਾਰੀ ਗੱਲ ਸਣਾਈ। ਕਹਿਣ ਲੱਗਾ,ਇਕ ਵਾਰੀ ਅਚਾਨਕ ਪਿਤਾ ਜੀ ਸਾਨੂੰ ਮਿਲਣ ਆ ਗਏ।ਸਾਨੂੰ ਮਿਲ ਕੇ ਖੁਸ਼ੀ ਤਾਂ ਹੋਈ ਪਰ ਡਰ ਭੀ ਲਗ ਰਿਹਾ ਸੀ ਕਿ ਸ਼ਾਇਦ ਇਹਨਾਂ ਨੂੰ ਫਿਰ ਪੈਸਿਆਂ ਦੀ ਲੋੜ ਹੈ, ਇਸ ਕਰਕੇ ਹੀ ਆਏ ਹੱਨ।ਮੇਰੀ ਘਰ ਵਾਲੀ ਤਾਂ ਬੇਹੱਦ ਦੁਖੀ ਸੀ।ਕਹਿਣ ਲੱਗੀ, ਸਾਡਾ ਟੋਆ ਤਾਂ ਭਰਦਾ ਨਹੀਂ, ਇਹਨਾਂ ਦਾ ਖੁਹ ਕਿਥੋਂ ਭਰਾਂਗੇ।ਸ਼ੁਕਰ ਇਹ ਹੋਇਆ ਕਿ ਇਹ ਗਲ ਪਿਤਾ ਜੀ ਨੇ ਨਹੀਂ ਸੁਣੀ।

ਮੈਂ ਸੋਚਾਂ ਵਿਚ ਡੁੱਬਾ ਹੋਇਆ ਸੀ। ਸਮਝ ਨਹੀਂ ਆ ਰਹੀ ਸੀ ਕਿ ਕੀ ਕੀਤਾ ਜਾਵੇ। ਬੇਟੇ ਨੂੰ ਬੂਟ ਲੈ ਕੇ ਦੇਣੇ ਸਨ, ਘਰ ਵਾਲੀ ਦੀ ਦਵਾਈ ਵਾਸਤੇ ਪੈਸੇ ਨਹੀਂ ਸਨ।ਜੇ ਪਿਤਾ ਜੀ ਨੇ ਹੋਰ ਪੈਸੇ ਮੰਗੇ ਤਾਂ ਕੀ ਜੁਆਬ ਦੇਵਾਂਗਾ। ਪਿਤਾ ਜੀ ਮੂੰਹ ਹੱਥ ਧੋ ਕੇ ਆਏ ਤੇ ਕੁਰਸੀ ਤੇ ਬੈਠ ਗਏ। ਮੈਨੂੰ ਬੈਠਣ ਦਾ ਇਸ਼ਾਰਾ ਕੀਤਾ। ਕਹਿਣ ਲੱਗੇ," ਅਜ ਕਲ ਫਸਲ ਦਾ ਸੀਜ਼ਨ ਹੈ, ਵਿਹਲ ਨਹੀਂ ਹੈ।ਸੋ ਮੈਂ ਅਜ ਹੀ ਰਾਤ ਦੀ ਗੱਡੀ ਵਾਪਸ ਪਿੰਡ ਚਲਾ ਜਾਵਾਂਗਾ" ਇਹ ਕਹਿ ਕੇ ਉਹਨਾਂ ਜੇਬ ਵਿਚੋਂ ਦਸ ਹਜ਼ਾਰ ਰੁਪੈ ਕੱਢ ਕੇ ਮੈਂਨੂੰ ਫੜਾ ਦਿੱਤੇ ਤੇ ਕਿਹਾ," ਧਾਨ ਦੀ ਫਸਲ ਬਹੁਤ ਅੱਛੀ ਹੋਈ ਹੈ। ਚੰਗੇ ਪੈਸੇ ਵੱਟੇ ਹਨ। ਤੂੰ ਇਹ ਪੈਸੇ ਰਖ ਲੈ। ਪਿਛਲੇ ਤਿੰਨ ਮਹੀਨੇ ਤੋਂ ਤੇਰਾ ਖੱਤ ਨਹੀਂ ਆਇਆ ਸੀ। ਸੋਚਿਆ,ਜਾ ਕੇ ਮਿਲ ਆਵਾਂ ਨਾਲੇ ਕੁਛ ਪੈਸੇ ਦੇ ਆਵਾਂਗਾ।"

ਮੈਂ ਕੁਛ ਨਾਹ ਨੁੱਕਰ ਕਰਨ ਲਗਾ ਪਰ ਉਹਨਾਂ ਪੈਸੇ ਮੈਂਨੂੰ ਫੜਾ ਦਿੱਤੇ।ਮੈਂ ਪਹਿਲਾਂ ਭੀ ਛੋਟਾ ਹੁੰਦਾ ਉਹਨਾਂ ਪਾਸੋਂ ਪੈਸੇ ਲੈਂਦਾ ਹੁੰਦਾ ਸੀ,ਪਰ ਹੁਣ ਜਦ ਮੈਂ ਪੈਸੇ ਲਏ ਤਾਂ ਮੇਰੀਆਂ ਅੱਖਾਂ ਨੀਵੀਆਂ ਸਨ।ਮਾਂ ਬਾਪ ਬਚਿਆਂ ਨੂੰ ਹਮੇਸ਼ਾ ਦਿੰਦੇ ਹੀ ਰਹਿੰਦੇ ਹਨ। ਅਸ਼ੀਰਵਾਦ ਤਾਂ ਚਲਦੀ ਹੀ ਰਹਿੰਦੀ ਹੈ।ਮਾਂ ਬਾਪ ਦਾ ਕੀਤਾ ਕਦੀ ਦਿੱਤਾ ਨਹੀਂ ਜਾ ਸਕਦਾ।

Character and Personality Formation [ਆਚਾਰ] Part I

Bal Bir Kaur Rehal

How does Gurbani guide us in the development of character and personality? In our minds thoughts first take place, then the thoughts may change into actions or activity. When thought and activity are repeated time and again they become habit and slowly in time the habit becomes so powerful that by itself it changes into the mentality and the nature of the person. Despite having knowledge of bad habits and their consequences, the body and mind lose control and become slaves of the habit, like for example an alcoholic or an addict habituated into intoxicants.

This is often not the end, as a habit repeated over a long time, tends to penetrate the subconscious mind. When this happens, the habit affects the body, mind and the nature of the person so deeply that the victim slowly becomes an image of the habit.

For example, an addict in the beginning starts to take drugs now and then, but in time he or she becomes addicted and is unable to stop the habit. The drugs start to saturate into the body so deeply that eventually the addict's thinking, talk, look, action, expression, gesture, behaviour, dealings and thoughts are those of an addict. The reputation of the unconscious mind of that person becomes his character (*Achaar*).

ਪਹਿਲਾਂ - ਧੱਸ ਜਾਂਦੀ ਹੈ। ਫੇਰ - ਵੱਸ ਜਾਂਦੀ ਹੈ। ਸਹਿਜੇ ਸਹਿਜੇ - ਰਸ ਜਾਂਦੀ ਹੈ।
ਤੇ ਜੀਵ ਅੰਤ ਨੂੰ ਉਸ ਦਾ ਸਰੂਪ ਹੀ ਬਣ ਜਾਂਦਾ ਹੈ।

From the above concepts it is revealed that character is the long term result of the practice of our thoughts, behaviour and habits. Our being a bad or good person depends on our past karam, present behaviour and the company of people we keep or meet (sangat). These affect our thoughts, habits and dealings, which in turn mould our character and hence personality. Like when different seeds are grown we get a variety of plants and trees; their trunks, branches, leaves, flowers, fruits and their taste and smell are entirely dependent upon their inner characteristics or their DNA. In the same way our character can be moulded according to the following causes:

a) Our previous births' essence (karam)

b) The company we keep or attend (sangat) in this life

c) The influence of the outside World on our being

Our character is essentially a result of the experience of the above causes. Personality is the essence of the cumulative effects of our thoughts and reactions from the past lives and in the present life.

The effects of our past lives are not in our control but we can change and give the right direction to our present life, because Waheguru has given humans the freedom to make their own karams.

As an illustrative example, If we add different substances to pure water, it will keep changing accordingly step by step its colour, taste and composition until it becomes a compound solution. The pure water will be changing in steps to different characteristics with each addition. By analogy the solution of our past karamas changes little by little with the thoughts and habits of our present life. Our mind, thoughts and karamas are responsible for this change. We are continuously making our habits, character, personality and fate ourselves and changing the solution bit by bit ourselves. We need to be mindful that that the present cumulative essence of our mindset and personality is based upon the following: The essence of many past lives karmas, this life's thoughts and the present karam.

In other ways we can say that the formation of character or personality is the result of many past cumulative essences of our karmas and habits. This is why it takes regular daily and mindful practice of good karma and search into the mind for bad habitual behaviour for a long time in order to change our character. Our body and the mind are affected by the outside world, because we earn our karmas based on the company we keep, human and material. Our good or bad habits are the on-going practice of these karmas. This practice slowly in time effects our sub-consciousness and become habit or character.

In this whole activity the company (sangat) plays the most significant part. In Sri Guru Granth Sahib, Ang 1369 Guru ji says:

ਜੋ ਜੈਸੀ ਸੰਗਤਿ ਮਿਲੈ ਸੋ ਤੈਸੋ ਫਲੁ ਖਾਇ ॥

According to the company one keeps, so are the fruits one eats.

If we stay in the company of low thinking people with character full of vices, then it is for certain that we will develop a bad character. On the other hand, the company of wise and virtuous people (sangat) will help us to develop good habits in our karamas. With wisdom we will then develop a noble character and personality.

Here we must remember that there are various types of company or sangat that we can keep; that influences our character eg.

1. **ਸ਼ਖਸੀ ਸੰਗਤ:** Personal, individual choice of company
2. **ਲਿਖਤੀ ਸੰਗਤ:** Written material, books, magazines, etc.
3. **ਭੜਕਾਊ ਸੰਗਤ:** Inflamatory instigating company - cinema, dance, cuisine, music, etc.
4. **ਪਿਛਲੀਆਂ ਯਾਦਾਂ ਦੀ ਸੰਗਤ:** Past memories, especially negative, in this life.

In next part we will explore how the company types affect our character and personality.

ਧੰਨ ਧੰਨ ਸ੍ਰੀ ਗੁਰੂ ਗਰੰਥ ਸਾਹਿਬ ਜੀ ਦਾ ਪਹਿਲਾ ਪ੍ਰਕਾਸ਼ ਪਹਿਲੀ ਸਤੰਬਰ ੨●੨੨ ਨੂੰ ਗੁਰਦੁਆਰਾ ਸਾਹਿਬ ਵਿਖੇ ਸਮੂਹ ਸੰਗਤ ਵਲੋਂ ਬੜੀ ਧੂਮ ਧਾਮ ਨਾਲ ਮਨਾਇਆ ਜਾ ਰਿਹਾ ਹੈ। ਅਸੀਂ ਸੰਗਤ ਅਤੇ ਪਰਬੰਧ ਨੂੰ ਹਾਰਦਿਕ ਵਧਾਈ ਪੇਸ਼ ਕਰਦੇ ਹਾਂ ਅਤੇ ਇਸ ਸਬੰਧ ਵਿਚ ਕੁਛ ਜਾਣਕਾਰੀ ਭੀ ਸਾਂਝੀ ਕਰਨ ਦੀ ਖੁਸ਼ੀ ਲੈ ਰਹੇ ਹਾਂ।

ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਆਪਣੇ ਜੀਵਨ ਵਿਚ ਚਾਰ ਲੰਮੀਆਂ ਉਦਾਸੀਆਂ ਤੇ ਗਏ ਅਤੇ ਜੋ ਬਾਣੀ ਉਹਨਾਂ ਨੇ ਰਚੀ ਉਸ ਨੂੰ ਆਪਣੀ ਕਿਤਾਬ ਵਿਚ ਲਿਖਦੇ ਰਹੇ।ਨਾਲ ਹੀ ਭਗਤਾਂ ਅਤੇ ਹੋਰ ਸ਼ਰਧਾਲੂਆਂ ਦੀ ਬਾਣੀ ਜੋ ਗੁਰੂ ਆਸ਼ੇ ਅਨਕੂਲ ਸੀ, ਇਕੱਠੀ ਕਰਦੇ ਰਹੇ। ਅੰਤ ਜਦੋ ਭਾਈ ਲਹਿਣਾ ਜੀ ਨੂੰ ਗਰੂ ਥਾਪਿਆ ਤਾਂ ਬਾਣੀ ਦਾ ਖਜਾਨਾ ਭੀ ਭੇਟ ਕੀਤਾ। ਗਰੂ ਅੰਗਦ ਜੀ ਨੇ ਆਪਣੀ ਰਚਨਾ ਸਮੇਤ ਸਾਰੀ ਬਾਣੀ ਗੁਰੂ ਅਮਰ ਦਾਸ ਜੀ ਨੂੰ ਅਰਪਨ ਕੀਤੀ। ਗੁਰੂ ਅਮਰ ਦਾਸ ਜੀ ਨੇ ਗੁਰੂ ਰਾਮ ਦਾਸ ਜੀ ਨੂੰ ਤੇ ਗੁਰੂ ਰਾਮ ਦਾਸ ਜੀ ਨੇ ਸਾਰੀ ਬਾਣੀ ਗੁਰੂ ਅਰਜਣ ਦੇਵ ਜੀ ਨੂੰ ਪੁਚਾਈ।ਪੰਜਵੇ ਪਾਤਸ਼ਾਹ ਗੁਰੂ ਅਰਜਣ ਦੇਵ ਜੀ ਦੇ ਪਾਸ ਤਕੜਾ ਖਜਾਨਾ ਜਮ੍ਹਾ ਹੋ ਗਿਆ ਜਿਸ ਵਿਚ ਉਹਨਾਂ ਦੀ ਆਪਣੀ ਰਚਨਾ ਭੀ ਸ਼ਾਮਲ ਕੀਤੀ ਗਈ। ਸਾਰੀ ਬਾਣੀ ਪੰਜਾਬੀ ਵਿਚ ਲਿਖੀ ਹੋਣ ਕਰਕੇ ਲੋਕਾਂ ਦੀ ਸਮਝ ਵਿਚ ਆਉਣ ਲਗ ਪਈ ਤੇ ਲੋਕ ਇਸ ਨੂੰ ਪੜ੍ਹਨ ਤੇ ਗਾਉਣ ਲਗ ਪਏ।

ਗੁਰੂ ਘਰ ਦੇ ਦੋਖੀਆਂ ਵਲੋਂ ਭੀ ਬਾਣੀ ਰਚਣੀ ਅਰੰਭ ਕਰ ਦਿੱਤੀ ਗਈ। ਪਿਰਥੀ ਚੰਦ ਦੇ ਬੇਟੇ ਮਿਹਰਬਾਨ ਨੇ ਭੀ ਬਾਣੀ ਲਿਖੀ ਜਿਸ ਨੂੰ ਕੱਚੀ ਬਾਣੀ ਕਿਹਾ ਜਾਂਦਾ ਸੀ। ਸੋ ਡਰ ਹੋ ਗਿਆ ਕਿ ਕੱਚੀ ਬਾਣੀ ਵਿਚ ਨਾ ਮਿਲ ਜਾਵੇ, ਗੁਰੂ ਅਰਜਣ ਦੇਵ ਜੀ ਨੇ ਸਾਰੀ ਬਾਣੀ ਨੂੰ ਇਕੱਤਰ ਕਰਕੇ ਇਕ ਪੋਥੀ ਦੀ ਸ਼ਕਲ ਦੇਣ ਦਾ ਵਿਚਾਰ ਕੀਤਾ। ਗੁਰੂ ਅਰਜਣ ਦੇਵ ਜੀ ਨੇ ਕਿਹਾ," ਮੀਣਿਆਂ ਭੀ ਇਕ ਗਰੰਥ ਬਣਾਇਆ, ਚੌਹਾਂ ਪਾਤਸ਼ਾਹੀਆਂ ਦੇ ਸ਼ਬਦ,ਵਿਚ ਕੱਚੀ ਬਾਣੀ ਲਿਖ ਪਾਇਆ।"

ਉਹਨਾਂ ਨੇ ਭਾਈ ਗੁਰਦਾਸ ਨੂੰ ਕਿਹਾ" ਭਾਈ ਗੁਰਦਾਸ ,ਗੁਰੂ ਕੀ ਬਾਣੀ ਜੁਦਾ ਕਰੀਏ । ਮੀਣੇ ਪਾਂਦੇ ਨੇ ਰਲਾ,ਵਿਚ ਰਲਾ ਨਾ ਧਰੀਏ{"

ਸੋ ਗੁਰੂ ਜੀ ਵਲੋਂ ਸਾਰੀ ਬਾਣੀ ਛਾਣ ਬੀਣ ਕਰਕੇ ਰਾਗਾਂ ਵਿਚ ਤਰਤੀਬ ਨਾਲ ਰਖੀ ਗਈ। ਸਿਮਰਨ ਤੇ ਸਹਿਜ ਨੂੰ ਵਸ਼ੇਸ਼ਤਾ ਦਿੱਤੀ ਗਈ।ਜੀਵਨ ਦੀਆਂ ਚੰਗੀਆਂ ਕਦਰਾਂ ਕੀਮਤਾਂ ਨੂੰ ਸਾਹਮਣੇ ਰੱਖਿਆ ਗਿਆ।ਲਖਾਈ ਦਾ ਸਾਰਾ ਕੰਮ ਜੋ ੧੬●੧ ਵਿਚ ਰਾਮਸਰ ਸਰੋਵਰ ਦੇ ਕੰਢੇ ਅਰੰਭ ਹੋਇਆ ਹੀ, ੧੬●੪ ਵਿਚ ਸਮਾਪਤ ਹੋਇਆ। ਭਾਈ ਬੱਨੋ ਨੂੰ ਜਿਲਦ ਬਨ੍ਹਾਉਣ ਲਈ ਲਾਹੌਰ ਭੇਜਿਆ ਗਿਆ। ਸੱਤਕਿਾਰ ਸਹਿਤ ਪੋਥੀ ਸਾਹਿਬ ਨੂੰ ਵਾਪਸ ਲਿਆਂਦਾ ਗਿਆ।ਰਾਮਸਰ ਤੋਂ ਪੋਥੀ ਸਾਹਿਬ ਭਾਈ ਬੁੱਢਾ ਜੀ ਦੇ ਸੀਸ ਤੇ ਸਜਾ ਕੇ ਗੁਰੂ ਅਰਜਣ ਦੇਵ ਜੀ ਚੌਰ ਦੀ ਸੇਵਾ ਕਰਦੇ ਹੋਏ ਸ਼ਹਿਰ ਦੀਆਂ ਗਲੀਆਂ ਵਿਚ ਦੀ ਹੁੰਦੇ ਹੋਏ ਇਕ ਨਗਰ ਕੀਰਤਨ ਦੀ ਸ਼ਕਲ ਵਿਚ ਹਰਮੰਦਰ ਸਾਹਿਬ ਲੈ ਕੇ ਆਏ ਅਤੇ ਸਤਿਕਾਰ ਸਹਿਤ ਸਥਾਪਤ ਕੀਤਾ। ਬਾਬਾ ਬੁਢਾ ਜੀ ਨੂੰ ਗ੍ਰੰਥੀ ਥਾਪਿਆ ਗਿਆ। ਸਭ ਤੋਂ ਪਹਿਲਾ ਵਾਕ ਸੀ:- ਸੂਹੀ ਮਹਲਾ ੫

ਸੰਤਾਂ ਦੇ ਕਾਰਜਿ ਆਪ ਖਲੋਇਆ, ਹਰਿ ਕੰਮੁ ਕਰਾਵਣਿ ਆਇਆ ਰਾਮ॥
ਧਰਤਿ ਸੁਹਾਵੀ ਤਾਲ ਸੁਹਾਵਾ, ਵਿਚ ਅੰਮ੍ਰਿਤ ਜਲ ਛਾਇਆ ਰਾਮ ॥
ਅੰਮ੍ਰਿਤ ਜਲ ਛਾਇਆ, ਪੂਰਨ ਸਾਜੁ ਕਰਾਇਆ, ਸਗਲ ਮਨੋਰਥ ਪੂਰੇ॥
ਜੈ ਜੈਕਾਰੁ ਭਇਆ ਜਗ ਅੰਤਰਿ, ਲਾਥੇ ਸਗਲ ਵਸੂਰੇ॥
ਪੂਰਨ ਪੁਰਖ ਅਚੁਤ ਅਬਿਨਾਸੀ , ਜਸ ਵੇਦ ਪੁਰਾਣੀ ਗਾਇਆ ॥
ਅਪਨਾ ਬਿਰਦ ਰਖਿਆ ਪਰਮੇਸਰਿ, ਨਾਨਕ ਨਾਮ ਧਿਆਇਆ॥

ਉਪਰੰਤ ਹਰ ਰੋਜ਼ ਦਾ ਪਰੋਗਰਾਮ ਉਲੀਕਿਆ ਗਿਆ। ਹਰ ਰੋਜ਼ ਸਵੇਰੇ ਕੋਠਾ ਸਾਹਿਬ (ਅਕਾਲ ਤਖਤ) ਤੋਂ ਗਰੰਥ ਸਾਹਿਬ ਪਾਲਕੀ ਸਾਹਿਬ ਦੁਆਰਾ ਸਤਿਕਾਰ ਸਹਿਤ ਹਰਮੰਦਰ ਸਾਹਿਬ ਲਿਆਏ ਜਾਂਦੇ ਹਨ ਅਤੇ ਵਾਕ ਲਿਆ ਜਾਂਦਾ ਹੈ।ਇਹ ਹੁਕਮਨਾਮਾ ਬਾਹਿਰ ਬੋਰਡ ਤੇ ਲਿਖ ਦਿਤੱਾ ਜਾਂਦਾ ਹੈ।ਸਾਰਾ ਦਿਨ ਕੀਰਤਨ ਦੀ ਸੇਵਾ ਚਲਦੀ ਹੈ ਅਤੇ ਰਾਤ ਨੂੰ ਸੁਖਆਸਣ ਕਰਕੇ ਗੁਰੂ ਸਾਹਿਬ ਦੀ ਸਵਾਰੀ

ਅਕਾਲ ਤਖਤ ਪੁਜਦੀ ਹੈ।ਇਹ ਪਰੋਗਰਾਮ ਸਾਰਾ ਸਾਲ ਹਰ ਰੋਜ਼ ਚਲਦਾ ਹੈ। ਪਾਲਕੀ ਸਾਹਿਬ ਸੇਵਾਦਾਰ ਆਪਣੇ ਮੋਢਿਆਂ ਤੇ ਚੁੱਕ ਕੇ ਲੈ ਜਾਂਦੇ ਹਨ।ਰਾਤ ਨੂੰ ਫਰਸ਼ ਧੋ ਕੇ ਸਵੇਰ ਵਾਸਤੇ ਤਿਆਰ ਕੀਤੇ ਜਾਂਦੇ ਹਨ।ਸਵੇਰੇ ਪ੍ਰਕਾਸ਼ ਸਮੇ ਅਤੇ ਰਾਤ ਨੂੰ ਸੁਖਆਸਣ ਸਮੇ ਸੰਗਤਾਂ ਦੀ ਕਾਫੀ ਭੀੜ ਹੁੰਦੀ ਹੈ। ਸੰਗਤਾਂ ਸ਼ਬਦ ਗਾਉਂਦੀਆਂ ਹਨ ਅਤੇ ਸੇਵਾ ਕਰਦੀਆਂ ਹਨ। ਬਹੁਤ ਸਾਰੇ ਬਦੇਸ਼ੀ ਯਾਤ੍ਰੀ ਭੀ ਹਾਜ਼ਰੀ ਭਰਦੇ ਹਨ। ਅੰਦਾਜ਼ਾ ਹੈ ਕਿ ਅਜ ਕਲ ਤਕਰੀਬਨ ੨ ਲੱਖ ਯਾਤਰੀ ਹਰ ਦਿਨ ਹਰਮੰਦਰ ਸਾਹਿਬ ਹਾਜ਼ਰੀ ਭਰਦੇ ਹਨ। ਅੰਕੜਿਆਂ ਤੋਂ ਪਤਾ ਲਗਦਾ ਹੈ ਕਿ ਹਰਮੰਦਰ ਸਾਹਿਬ ਦੁਨੀਆਂ ਦਾ ਨੰਬਰ ੬ ਤੀਰਥ ਅਸਥਾਨ ਹੈ ਜਿਥੇ ਹਰ ਰੋਜ਼ ਏਡਾ ਵਡਾ ਇਕੱਠ ਹੁੰਦਾ ਹੈ।
ਅਜ ਕਲ ਸਿਖ ਪੰਜਾਬ ਤੋਂ ਨਿਕਲ ਕੇ ਦੁਨੀਆ ਦੇ ਹਰ ਦੇਸ਼ ਵਿਚ ਪੁਜ ਗੇਏ ਹਨ ਤੇ ਉਨ੍ਹਾਂ ਨੇ ਸਾਰੇ ਦੇਸ਼ਾਂ ਵਿਚ ਆਲੀਸ਼ਾਨ ਗੁਰਦੁਆਰੇ ਬਣਾ ਲਏ ਹਨ। ਹਰ ਅਸਥਾਨ ਤੇ ਹਰ ਰੋਜ਼ ਕਥਾ, ਕੀਰਤਨ, ਪਾਠ, ਅਖੰਡ ਪਾਠ ਦੀ ਸੇਵਾ ਹੁੰਦੀ ਹੈ।ਸਕਰੀਨਾਂ ਉੱਪਰ ਬਾਣੀ ਦੇ ਨਾਲ ਉਸ ਦੇ ਅਰਥ ਭੀ ਲਿਖੇ ਮਿਲਦੇ ਹਨ। ਹਰ ਇਕ ਨੂੰ ਬਾਣੀ ਦੀ ਸਮਝ ਆ ਸਕਦੀ ਹੈ। ਗੁਰਬਾਣੀ ਸਿਖ ਜਗਤ ਦੀ ਜਿੰਦ ਜਾਨ ਹੈ। ਪਰ੍ਹੇਨਾ ਦੁਆਰਾ ਸਿਖਾਂ ਨੂੰ ਬਾਣੀ ਪੜ੍ਹਨੀ ਚਾਹੀਦੀ ਹੈ ਅਤੇ ਆਪਣੇ ਬਚਿਆਂ ਨੂੰ ਬਾਣੀ ਪ੍ਰੜਨ ਅਤੇ ਕੀਰਤਨ ਕਰਨ ਲਈ ਸ੍ਹਾਇਤਾ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ।

An Experience

Jagtar Singh Thethi

Ignorance is not bliss and one should not necessarily accept a situation just as it appears. Truth might be different. Someone narrated this experience on local radio. It was a Sunday morning in the month of October. The weather was sunny and bright. I was sitting in the park along with some friends. Some of us were reading a paper and others were busy in chit chat. After a while a man in his forties came along with three young boys. While the man sat at a distance from us, the boys started roaming about. Sometimes they shouted at each other. Sometimes they pulled the paper. They ran around making all sorts of noises. The whole peaceful atmosphere of the park became disturbed and unbearable. Everybody felt it badly because the father did not try to stop them or to exercise any control over their movements. Nobody said anything but people started moving around.

At last I lost control of myself and I approached the man saying why he did not look after his children properly and stop them from disturbing others.
The man raised his head and started telling his story. "I am a teacher in a village school where I live. For the past one month my wife was under treatment by a local doctor here. We had come to see her in the hospital. She expired about an hour ago. We were not allowed to stay in the hospital for a long time. The next bus to my village leaves only in the afternoon. So I dropped here to while away some time. We shall go to the bus stand at about 3pm".

I felt very sorry for him and really cursed myself for being so impatient. I volunteered to take him and his kids home where he could rest and feed them. He gratefully accepted my offer and accompanied me along with his sons. They all relaxed at my place and were fed properly. Though it recompensed a bit, yet I could not forgive myself for being intolerant.

Guru Angad Dev Ji (1504 – 1552)

Jagtar Singh Thethi

Gur gaddi Divas of Guru Angad Dev ji falls on 18th September 2022. In this connection are presented some facts about his life and his contribution to the Sikh faith. He was born at Matte Di Sran, District Feroze Pur to Baba Pheru Mall and Mata Daya Kaur. Initially he was named Bhai Lehna and he was a worshipper of Durga. He used to lead a group of devotees going on pilgrimage to Jawala Mukhi every year. He was married to Mata Khivi Ji and had two sons and two daughters.

Once he heard a Sikh of Guru Nanak reciting Gurbani and was deeply touched. Next time, going on the pilgrimage along with the group, he decided to go to Kartar Pur. His first meeting with Guru Nanak changed everything. Not only did he become a strong devotee of Guru Nanak but was also determined to further the mission of Guru Nanak. When his companions asked him to continue the journey, he told them to go on their own as he had decided to stay at Kartar Pur. Guru Nanak was so pleased with the dedication and devotion of Bhai Lehna that he blessed him, saying "You are my Ang". Henceforth Lehna came to be known Bhai Angad.

Bhai Angad started partaking in sewa and learning and practising Gurbani. He did all sorts of odd jobs including working in the fields and doing all the dirty work at odd times and passed all the arduous tests given to him for selection. Guru Nanak was pleased with his obedience and dedication. Guru Ji tested the depth and reality of his faith and devotion and found him extremely suitable person to carry on the mission . Guru Ji appointed him as his successor and nominated as the second Guru. According to Bhai Gurdas:

ਥਾਪਿਆ ਲਹਿਣਾ ਜੀਂਵਦੇ, ਗੁਰਆਈ ਸਿਰ ਛਤ੍ਰੁ ਫਿਰਾਇਆ ॥
ਜੋਤਿ ਜੋਤ ਮਿਲਾਇ ਕੇ,ਸਤਿਗੁਰ ਨਾਨਕ ਰੂਪ ਵਟਾਇਆ ॥
ਲਖ ਨ ਕੋਈ ਸਕਈ,ਆਚਰਜੇ ਆਚਰਜ ਦਿਖਾਇਆ॥
ਕਾਇਆ ਪਲਟ ਸਰੂਪ ਬਣਾਇਆ॥

Guru Nanak directed Bhai Angad to stay at Khadoor where he breathed his last in 1552.

Guru Angad's key contributions to Sikh Faith include:

1. Ratification of Gurmukhi script.
2. Started tradition of Janam Sakhies by compiling life history of Guru Nanak.
3. Gave recognition to women by appointing Mata Khivi as in charge of langar.
4. Preservation of Bani and contributed 63 hymns to Guru Granth Sahib.
5. Established schools to encourage academic and physical education.

Bibi Bhani – Guru Mahal of Guru Ram Das Ji

Dr Paramjit Kaur Virdee

Bibi Bhani was born on January 19, 1535, at Basarke Gillan, a village near Amritsar. Bibi Bhani, the daughter of Guru Amar Das Ji and Mata Mansa Devi, the consort of Guru Ram Das Ji, and the mother of Guru Arjan Dev Ji, the fifth Guru of the Sikhs. Bibi Bhani was the grandmother of Guru Hargobind Sahib Ji, the great grandmother of Guru Tegh Bahadur Ji, and the great-great-grandmother to Guru Gobind Singh Ji. Bibi Bhani is known to be one of the prominent personalities. Most of the Guru Mahals made worthy contributions in keeping with their ability and aptitude. But Bibi Bhani established herself with the most outstanding selfless devotion. She could achieve so much as she was closely related to many Gurus by being the daughter of a Guru, wife of a Guru, and mother of a Guru. At the time of the birth of Bibi Bhani, the Sikh religion was already a deep-rooted faith.

Bibi Bhani was a lady who possessed poise, culture, and grandeur. She could be identified by her determination to overpower the worldly pains and pleasures. Right from her childhood, she was aware of the basic truths of life; that truth, beauty and contentment are most essential for the growth of the soul. Primarily, she endeavoured to make the mortals aware to gain divine knowledge and therefore attain the grace of God. She had infinite faith in God the one who controls the entire universe. She constantly remembered that death is the Ultimate Truth of life.

Marriage to Bhai Jetha Ji

Bibi Bhani was married on February 18, 1554 to Bhai Jetha Ji (whose name was later changed to Guru Ram Das Ji), a Sodhi Khatri from Lahore. Guru Amar Das Ji believed Bibi Bhani should not be given away in child marriage as she was a sensible girl with a mind of her own. Contrary to contemporary traditions, she got married when she was a grown-up lady. Mata Mansa Devi had to remind her husband to find a suitable match for her. It happened that Ram Das (Bhai Jetha Ji) was passing by while Guru Amar Das Ji was discussing this issue with a priest. At this juncture, Mata Mansa Devi specified that the boy should be someone like Bhai Jetha. Guru Amar Das Ji took the decision of accepting Bhai Jetha as his son-in-law, as he had already observed the boy from close quarters for many years now. The inquiries revealed that he was a Sodhi, belonging to the Khatri Caste, the son of Haridas of Lahore and his wife Mata Anup Devi. As soon as Haridas granted his permission Bibi Bhani was betrothed to Bhai Jetha.

Guru Amar Das Ji insistently said, "Son Jetha, it's our family tradition that the bridegroom offers prayers on reaching the bride's house." Jetha suitably started reciting

Rehraas Path, keeping in mind the time of the day. Bibi Bhani and Ram Das were blessed with three sons, namely Prithi Chand, Mahadev, and Arjan as the youngest. Bibi Bhani was embellished with remarkable qualities. She could be identified with her prominent characteristic of devotion. She is applauded for being the embodiment of maturity, patience, and humility she proved her name by these very qualities. She remains unparalleled in her belief that one must abide by the Will of God. She remained ardently, a dutiful daughter and wife. Her devotion to her father is incomparable. She often forgets herself and got deeply engrossed in her prayers and in the service to her father and her husband. Amar Das himself was impressed by her.

Guru Gaddi a Hereditary Succession

Once Guru Amar Das Ji was taking his bath when one of the legs of the stool, on which he was seated, gave way. Bibi Bhani noticed the incident and immediately put her foot under the stool lest her father should fall. Soon the Guru noticed some blood oozing along with water and came to know the alertness of his daughter to save him from falling. The Guru father was touched by her service and wished her to ask for any favour. She politely desired her father to make the Guru Gaddi (the Nanak's throne) a hereditary succession. The Guru conceded to her wish but added that it would require a great sacrifice, involve displeasures, disputations, and bitterness in the relations.

Bibi Bhani's two older sons, Prithi Chand (1558) and Mahadev (1560) did not inherit the Guruship, for it was her youngest son Arjan (1563) who would become the fifth Guru, but at the same time made her aware that along with the love and devotion that will come to her share, she will also be blessed with a long line of martyrs in her family, that Bibi Bhani willingly accepted to undergo this test is proved from what Bhai Gurdas records in Bhai Gurdas Vaaran. He testifies that no one else could have the courage to bear this unbearable test.

The Shabad is composed by Bhai Gurdas in Var 1, Pauri 47...

ਬੈਠਾ ਸੋਢੀ ਪਾਤਿਸਾਹੁ ਰਾਮਦਾਸੁ ਸਤਿਗੁਰੂ ਕਹਾਵੈ।

Now Guru Ram Das, a Sodhi emperor, seated on the Guru-seat is called the true Guru.

ਪੂਰਨ ਤਾਲ ਖਟਾਇਆ ਅੰਮ੍ਰਿਤਸਰ ਵਿਚਿ ਜੋਤਿ ਜਗਾਵੈ।

He got dug the complete holy tank and here settling down at Amritsar, he spread his light.

ਉਲਟਾ ਖੇਲ ਖਸੰਮ ਦਾ ਉਲਟੀ ਗੰਗ ਸਮੁੰਦ੍ਰਿ ਸਮਾਵੈ।

Wondrous is the play of the Alimghty. He can cause Ganges running in opposite direction merge in the ocean.

ਦਿਤਾ ਲਈਐ ਆਪਣਾ ਅਣਦਿਤਾ ਕਛੁ ਹਥਿ ਨ ਆਵੈ।

You get your own; given nothing cannot bring to you anything.

ਫਿਰਿ ਆਈ ਘਰਿ ਅਰਜਣੇ ਪੁਤ ਸੰਸਾਰੀ ਗੁਰੂ ਕਹਾਵੈ।

Now the Guruship entered the House of Arjan (Dev) who, to say was the son, but, he proved through his good deeds to be worthy of the Guru-seat.

ਜਾਣਿ ਨ ਦੇਸਾਂ ਸੋਢੀਓ ਹੋਰਸਿ ਅਜਰੁ ਨ ਜਰਿਆ ਜਾਵੈ।

This Guruship would not go beyond Sodhis because none else can bear with this unbearable.

ਘਰ ਹੀ ਕੀ ਵਥੁ ਘਰੇ ਰਹਾਵੈ ॥੪੭॥

The thing of the House should remain in the House.

Daughter's service to her Father

There is the special status of Bibi Bhani in the life of Guru Amar Das Ji by the way she cared for her father proving that there was no difference between a son and a daughter. Both can equally serve their parents. Bibi Bhani never allowed domestic circumstances to become obstacles as she continued to serve her father humbly and with devotion, even after she became the mother of three sons. She very gladly and regularly bathed her father and would keep watch, making sure that no one disturbed him during his meditation.

Once, Akbar paid a visit to Guru Amar Das Ji in Goindwal, while on his way to Lahore. He had langar. He was so impressed by the holy atmosphere generated everywhere that he expressed his wish to gift him some land, which was promptly refused by the Guru. So, he presented it to Bibi Bhani.

Selfless Langar Service

Bibi Bhani sincerely served in the langar though she was more interested in service rather than in the arrangements of the langar. This attitude of Bibi Bhani secured a prominent place for her in the Guru Ghar.

Out of love Bibi Bhani, a young girl called Bibi, but out of respect and love, Bibi Bhani is mentioned in Sikh history, as Bibi, whether she is daughter or mother. She was a symbol of service. Sikhs remember Bibi Bhani as a strong woman, as the daughter, wife, and mother of Guru Arjan Dev Ji, she had a profound influence. She died in Tarn Taran on April 9, 1598, at the age of 65. A well was dug up at Tarn Taran to commemorate her memory. It is known as 'Bibi Bhani da Khuh,' the well of Bibi Bhani. "She is one of the brightest among the heroic Sikh women who played their part in history."

GOBIND MARG SUMMER CAMP FOR CHILDREN 2022

Barinder Kaur Sandhu

After an absence of two years, it was a pleasure to provide seva at the Gobind Marg summer camp for children of 6 – 13 years of age. The enrolment was slow but steady, rising from 30 children at the deadline of 17 July to 60 children by the start date of 25th July.

The organisers, Jasleen Kaur Garcha, Pavan Kaur Thind and Ricky Singh Sangha, managed to put together a comprehensive educational programme in two weeks. The chosen theme was Guru Tegh Bahadur Ji in celebration of 400-year birth anniversary of his life, legacy and sacrifice.

Initially from a shortage of volunteers we had an abundance of sevadars from Heathland School, Waldergrave School for Girls and university students. They all worked very hard to implement activities such as sports day, bouncy castle fun, indoor basketball etc. They all arrived punctually daily at 8am and often finished at 7pm.

Some of the favourite activities for the children were:

- Sports day
- Yoga morning run by Harsharan Kaur Sehmi, in which she taught Yoga through the teachings of Guru Nanak ji.
- Gatka afternoon where the volunteers Davinderajeet Singh and Manroop Kaur, demonstrated their skill of Gatka as a martial art. The children participated by doing warm up exercises, such as, star jumps, jumping jacks, push ups, torso twists, squats, standing side bends and lateral shuffles.

On Thursday 28th July morning we were visited by Harinder Singh Pattar Headmaster from Heathland School who is retiring this year after 26 years of exceptional educational contribution to the Borough of Hounslow. He was very proud of his student sevadars and much impressed by their contribution and dedication. In the afternoon children presented, the canvasses they had prepared, lines they had learnt, chanted mool mantar, to their parents and grandparents.

On Friday 29th July we visited Hobbledown Heath where the children explored four themed villages, they climbed towers, crawled through tunnels and enjoyed the largest indoor play arena in London.

An enormous thank you to the parents for allowing their children (angels) to come and learn about Sikhi. The children were amazing, well behaved and very brave – it takes a lot of courage to stand in front of the Sangat and make a presentation. A massive thank you to the valley family, Jas, Shaboo and Raj, who have vast experience in organising and running the Gobind Marg summer camp. Raj, a teacher, who is now married and lives in Birmingham came and guided the new organisers. Jas and Shaboo, who are both in employment, but came on their days off to help.

Most of all an immense thank you to the Gurdwara Committee.

Not to forget the four mothers that helped with the breakfast and delicious lunches. Mr Singh's Pizza for donating lunch, Harpreet Singh who provided Pizza from Pizza Hut, Sonia who provided cakes from Cake Box and most of all to the young man with the Ice Cream Van for the bottomless ice cream on Monday afternoon.

The organisers and volunteers are indeed role models. On behalf of the Gurdwara Committee I would like to congratulate Pavan Kaur Thind on achieving grade A*, A and A in her A'level studies. May Wahe Guru bless her with success in her higher studies.

I look forward to next year's Gobind Marg Summer Camp for children.

GOBIND MARG SUMMER CAMP FOR CHILDREN 2022 - ORGANISATION

Pavan Kaur Thind (ORGANISER)

As the first summer camp after an absence of two years due to Covid, we the in-coming organisers were excited to lead the Sri Guru Singh Sabha Hounslow Summer Camp 2022. Our role included planning, coordinating and overseeing the smooth-running of the entire week from beginning to end. Before the camp started, the three organisers, Ricky Singh Sangha, Jasleen Kaur Garcha and myself arranged to get all the resources required and planned the structure of each day of the week.

During the week of camp, we ensured to the best of our abilities that all that we had planned came together to create a successful week of activities. The children were split into groups, with Group 1 being the youngest and Group 4 the oldest, and each group

were given a project to work on throughout the week. They were each given an important figure in Sikhi to learn about and then asked to create a presentation and a creative piece on a canvas: Group 1 Mata Sahib Kaur Ji, Group 2 Guru Gobind Singh Ji, Group 3 Char Sahibzaade and Group 4 Guru Tegh Bahadur Ji.

Each day started with a morning assembly during which Manveer Singh and myself did Simran, Mool Mantar and Anand Sahib Path with the children being encouraged to participate. On Monday, the children took part in ice-breaker activities, getting to know their group as well as their group leaders and then spent the rest of the day learning about their assigned Sikh figure and working on their canvas. Tuesday was sports day at The Heathland School where they had a great time, releasing energy playing cricket, football, basketball, badminton, rounders and skipping ropes. On Wednesday they were able to enjoy some relaxing yoga in the morning and some energetic Gatka in the afternoon. Thursday was the exhibition day; the children presented their projects to their parents and each other. It was impressive seeing the hard work put into their projects and the immense pride the children had in showing their canvases, talking about the inspiring Sikh figures they had learned about. Finally on Friday, to celebrate the week, the children were taken on a trip to Hobbledown Heath where they thoroughly enjoyed spending time on outdoor climbing frames and indoor soft play areas. Every child had an immense smile on their face which was a wonderful way to end the week.

On reflecting upon the 2022 summer camp, I would say, considering we only had two weeks to organise it all, it ran very well. The children seemed to really enjoy themselves which is always a good indicator of a successful camp. As an organiser, I gained and put into practice a lot of key skills before, during and after the camp.

One of these skills was time management, learning to work within tight deadlines taught me the importance of prioritising in order to complete all the necessary task. Another was learning how to be flexible, to compromise and to listen to other people's views or suggestions as this led to a better functioning group of leaders. Another important element was appreciating the responsibility we had of being good role models not only to the children but to also the group leaders and future organisers.

Finally, I would say that as my first experience of being an organiser, I was pleased with how we were able to work effectively as a team and coordinate a successful week of camp.

A collection of photos showing the people who made the event a success and some of the children's activities are below.

Gobind Marg Summer Camp 2022 in Pictures:

GURU GOBIND SINGH

Supinder Kaur Gill

Water for Life Water is scarce in a heatwave so giving wildlife much-needed drink or a bath is the perfect way to help. Whether from a bird bath, pond or shallow dish, any water you put out is likely to be gratefully received, not only by birds but by other wildlife. Adding a few stones to the edge of your water source can help ensure that butterflies and other flying visitors can perch while they drink, as well as allowing easy access for creatures such as hedgehogs, frogs and toads.

Birds taking refuge in hedges and dense shrubs, to longer grass giving butterflies and other insects shelter from the heat, or take it one step further and allow leaf piles to build up or construct a bug hotel to allow amphibians and invertebrates to make use of these cooler damp areas in the future.

In the heat of summer, it is harder for birds such as blackbirds to find worms and other minibeasts living in the ground because it is so hard put out food little and often because the warm weather could turn it rotten more quickly.

It's also important to not let old food or dirty water build up, to reduce the spread of diseases. Clean the feeder once a week with soapy water, rinse thoroughly and empty your bird bath daily.

Wildlife Summer Fun

Boston Manor House is hosting wildlife-themed family fun sessions throughout this summer. The sessions run throughout the day from 1:00-4:00 pm on Tuesday and are aimed for children aged 4 and up. Check the website for further details.

SIKH ASSISTED MARRIAGES

Application forms for this service are available from the Gurdwara. The completed application form and a passport size photograph, with a non-refundable **registration fee of £75** (cheques payable to Sri Guru Singh Sabha) should be sent to: The Matrimonial Service, Gurdwara Sri Guru Singh Sabha, Alice Way, Hanworth Road, Hounslow, Middlesex. TW3 3UA

Participants must be registered on our matrimonial database to benefit from this service.
Personal and telephone enquiries are welcome as follows:
Monday – Sunday (7 Days) **10:00am – 1:00pm** Telephone Enquiries: **020 8814 6701**

All information will be strictly confidential and sincere efforts will be made in good faith to introduce interested parties. The management of the Gurdwara will not be responsible morally, legally, or otherwise, for any alleged act of negligence, omission, or commission by either of the parties concerned, nor will it be liable for any legal action.

The current list of our matrimonial partners appears below.

MALES

Ref No	Date of Birth	Academic Qualification	Current Job	Height
3002	22-Jun-85	PhD	Associate Director at Pharmaceutical	5' 09"
3003	1-Apr-81	MBA	Company Director	6' 04"
3004	24-Oct-92	BSc Computer Science	Software Developer	6' 00"
3005	23-Mar-96	MSc Neuro Develop Sciences	NHS Assistant Psychologist	5' 10"
3006	31-Aug-89	BDS MSc Dental Implant Surgeon	Dentist	6' 04"
3007	5-Jul-89	MSc Financial Maths	IT Contractor	5' 10"
3008	22-Dec-94	BA(Hons) ACA	Financial Accountant	5' 08"
3009	23-Dec-94	GCSE	Looking for a job	6' 00"
3010	20-Feb-93	BA Hons	Real Estate Underwriter	6' 01"
3011	1-Apr-83	BTEC- Software & Programming	NHS Clinical Support	5' 07"
3012	17-Feb-86	BSc Geographical Info Systems	Fleet Service Clerk	5' 11"
3013	13-Apr-90	Degree	Engineer	5' 11"
3014	21-Dec-79	Technical IT Qualifications	IT Engineer	6' 01"
3015	4-Aug-90	Business Studies	Civil Enforcement Officer	5' 06"
3016	23-May-95	MPharm	Pharmacist	5' 11"
3017	8-Nov-88	BSC Accounting	Project Manager	5' 10"
3018	14-Jan-91	BSc Hons, MBBS,MRCGP	NHS GP	5' 08"
3019	11-Jun-86	BSc Computing & Management	Business Development Software	5' 08"
3020	17-Dec-93	A Levels	Not written	6' 01"
3021	5-May-81	MSc IT Management	Technical Support Analyst	6' 00"
3022	18-Nov-81	Higher Diploma	BUPA Healthcare Consultant	5' 08"
3023	5-Nov-83	BSc Multi Media Studies & Computing	Part Time	5' 10"
3024	9-Jan-85	BA ACCA	Chartered Accountant	5' 08"
3025	17-Sep-89	LLB Law	Lawyer	5' 10"

3026	26-Aug-90	Masters	Lawyer	5' 11"
3027	1-Jan-92	Actuarial Science with Maths	Deloitte/ Actuarial Manager	5' 08"
3028	27-Jun-84	BSC	Business Owner	5' 07"
3029	30-Sep-89	BA Business Marketing	Digital Marketing	5' 11"
3030	31-Oct-92	Economics Degree	Finance Business Partner	5' 08"
3031	2-Mar-88	BA hons	Business owner	5' 10"
3032	16-Aug-90	BSC Mathematics	Data Engineer	6' 00"
3033	31-May-81	Computer Science	Manager at Brunel University	5' 10"
3034	3-Sep-86	BA Marketing & Accounting	Bank Analyst	5' 07"
3035	19-Feb-88	MBBS MRCS	NHS Doctor	6' 04"
3036	16-Apr-95	BSC Computer Science	Test Automation Engineer	5' 08"
3037	25-Nov-85	LLBC Hons	Associate Director	5' 11"
3038	5-Sep-90	BSc Financial Economics	Contractor	5' 11"
3039	18-Dec-81	BSc Computer Science	IT Business Analyst	5' 11"
3040	21-Jun-95	BSc Engineering	Project Manager	5' 08"
3041	2-Dec-88	Photography	Ryman Stationery Store Manager	5' 09"
3042	8-Apr-94	BA Geography	Law Enforcement	5' 05"
3043	9-May-87	BA ACCA	Chartered Accountant	5' 10"
3044	16-Apr-84	BA Graphic Design	Travelex Consultant	5' 10"
3045	19-May-83	BA Property with Business	Self Employed A Care Home Director	5' 10"
3046	25-Sep-84	Sociology & Criminology	Housing Management	5' 11"
3047	5-Mar-83	BSC	Software Engineer	5' 05"
3048	22-Feb-93	BDS	Dentist	6' 00"
3049	22-Feb-93	MSc International Finance	Manager in a Bank	6' 00"
3050	15-Sep-88	BA Accounting & Finance	Manager at EE	5' 08"
3051	10-Nov-87	BSC Maths and Finance	Business Owner	6' 01"
3052	22-May-93	BSC Hons Law	Management Consultant	5' 11"
3053	8-Jan-92	BSc Economics ATT, CTA	Corporate Tax Advisor	6' 01"
3054	8-Feb-92	BA Degree	Self Employed Contractor	5' 11"
3056	25-Apr-92	MSc Business Management	Self Employed	6' 00"
3057	10-Mar-96	BSc Maths	Auditor	6' 02"
3058	8-Jul-90	Pharmacist	Pharmaceutical Industry	5' 10"
3059	12-Sep-86	BSc Business and Management Accounting	Pensions & Investments	5' 10"
3060	10-Sep-90	Masters	Creative Director	5' 05"
3061	31-Jan-93	BSc Mathematics	Banking Analyst	5' 11"
3062	29-May-85	BSc Mathematics	Actuarial Analyst	5' 07"
3063	12-Dec-84	BSc Pharmacology	Clinical Trial Manager	5' 11"
3064	9-Nov-91	BSc Economics Chartered Accountant	Economist	6' 02"
3065	9-Sep-89	BA Hons Accounting & Finance	Chartered Accountant	5' 11"
3066	26-May-82	BA History and Politics	Self Employed	6' 01"
3067	16-Dec-83	BA Hons.	Civil Servant	5' 11"
3068	15-Apr-70	BSC Business Computing	Head Chef & Property Development	5' 08"
3069	24-Jan-90	BSc Pharmaceutical Science	Accounting	5' 11"
3070	16-Jun-86	ACCA	Chartered Accountant	5' 11"
3071	8-Aug-92	MBBS	Psychiatry	6' 01"
3072	11-Feb-94	BSc Biochemistry Dentistry	Dentist	5' 09"
3073	15-Oct-74	BTEC Business and Finance	British Airways	5' 10"
3074	19-Apr-92	BSc (Hons) Economics	Private Equity Director	5' 10"

3075	17-Sep-87	BDS	Dentist	5' 07"
3076	25-Feb-94	A Levels	Working at Google	6' 03"
3077	1-Aug-88	MSc International Business	Family Business owner	5' 11"
3078	16-Oct-89	MBA	Area Manager	6' 00"
3079	8-Oct-98	BSc Mineral Extractives	Construction Site Manager	6' 02"
3080	18-Dec-76	BDS	Dentist	6' 00"
3081	27-Oct-89	BSc Maths and Management ACCA	Accountant	5' 07"
3082	1-Oct-93	'A' Levels NVQ	Businessman	5' 10"
3083	20-May-87	Degree Building Surveying	Senior Risk Manager	5' 09"
3084	15-Jul-96	BA Journalism and Law	Self Employed	6' 00"
3085	8-Apr-91	BSc Economics	Risk Consultant	6' 01"
3086	19-Feb-91	BA Hons Business Studies	Business Analyst	5' 11"
3087	24-Jan-92	Masters	Management Accountant	5' 11"
3088	24-Apr-94	MBBS	GP Training Doctor	5' 08"
3089	11-Nov-85	MBBS	Hospital Consultant	5' 06"
3090	18-Jun-87	BSc Business IT	IT Business Analyst	6' 00"
3091	12-Dec-92	BSc Pharmaceutical Sciences	MHRA Scientific Officer	6' 02"
3092	26-Jul-92	BSc Maths and Statistics	Senior Audit Analyst	5' 11"
3093	24-Jan-91	BSc Information Systems	IT Engineer	5' 05"
3094	9-Oct-84	Diploma Mech Engineering	Senior CAD Engineer	5' 07"
3095	19-Jan-94	GCSE	Business Owner	6' 01"
3096	28-Aug-91	LLB	Solicitor	5' 08"
3097	31-Jan-95	Economics and Finance Banking	Project Manager	6' 00"
3098	9-Mar-92	PhD	Researcher in Science	5' 08"
3099	26-May-91	BSc Business Studies	IT Consultant	6' 02"
3100	27-May-92	BSc (Hons), PgDip (Qualified Architect	Software Consultant	5' 09"
3101	30-May-95	ACA Chartered Accountant	Manager	5' 07"
3102	15-Sep-93	BSc Economics LLB	Barrister	6' 01"
3103	1-Aug-89	MD General Medicine	Clinical Fellow Doctor	5' 09"
3104	27-Jul-88	NVQ Electro technical Technology	Electrician	6' 00"
3105	23-Nov-82	BENG	Technical Pre sales Consultant	5' 09"
3106	26-Nov-89	BSc	Associate Director, Finance Bank	6' 00"
3107	18-Aug-91	Masters Pharmacy	Pharmacist	5' 10"
3108	31-Mar-93	MArchitect	Architect	5' 07"
3109	12-Jan-95	PhD Mchem	Post Doctoral Research Associate	6' 01"
3110	21-Mar-88	MBBS MRCP	Doctor	5' 10"
3111	2-Jun-86	MBBS MRCGP	Doctor GP	5' 09"
3112	12-Mar-92	MBBS DOMS	Speciality Doctor	5' 11"
3113	4-Jan-89	BA MPHIL	University Lecturer	5' 08"
3114	13-Jun-91	Masters Banking and Finance	Investment Banker	5' 10"

FEMALES

Ref No	Date of Birth	Academic Qualification	Current Job	Height
9364	1-Apr-85	MA Environmental Science	Environmental Science & PM	5' 05"
9365	10-Jul-79	BA Travel &Tourism	Recruitment Officer	5' 03"
9366	7-Aug-94	MFDS Post Grad Diploma	Dentist	5' 05"

9367	18-Feb-88	BA Politics and Int Relations	Teacher	5' 05"
9368	21-Dec-82	BA HR and Employment Law	Senior Principle International HR	5' 05"
9369	12-Nov-92	BA Literature & Creative writing	Higher Education	5' 03"
9371	4-Apr-82	Masters	Local Government Officer	5' 06"
9374	26-Jan-95	LLB,BA Hons	Senior Policy Advisor	5' 02"
9375	20-Feb-97	LLB	Franchisee (Business Owner) Education Sector	5' 05"
9376	1-Sep-92	BA Hons in Business Management	Senior Project Manager	5' 07"
9377	2-Feb-89	BSc MSc (Economics)	Civil Service	5' 10"
9378	12-Jan-90	BA MSc PGCE	Assistant Head of Year	5' 04"
9379	19-Jun-84	MSc MBA	Management Consultant	5' 04"
9380	13-Aug-93	LLB Law Degree	Solicitor	5' 00"
9381	27-Jul-82	MA Business and HR	Medical Sales Rep	5' 03"
9382	2-Feb-92	Optometrist	Optometrist	5' 06"
9385	7-Jan-89	MBBS MSc MRCS	NHS Hospital Doctor	5' 08"
9386	3-Aug-89	BSc Information Systems	HR Product Manager	5' 01"
9387	28-Dec-94	PhD	Post Doctoral Researcher	5' 06"
9388	27-Oct-95	M Pharm	Hospital Pharmacist	5' 02"
9389	21-Feb-86	MA MSC PHD	Government Science Lab	5' 05"
9390	31-Jul-77	LLB(Hons) Postgraduate Diploma	Legal Counsel	5' 04"
9391	28-May-93	LLM	Solicitor- Ernest & Young	5' 06"
9392	25-Jan-94	Law Degree LLB	Solicitor	5' 02"
9393	2-Jul-92	Architect	Senior Traffic Engineer -TfL	5' 05"
9395	12-Oct-90	Masters in Pharmacy	Pharmacist	5' 05"
9396	27-Nov-92	A Levels	Finance Officer	5' 00"
9397	9-Jul-82	BA Business Studies	Civil Service	5' 00"
9398	19-Oct-94	MA Finance and Accounting	Finance Administration	5' 08"
9399	8-Oct-82	BA hons	Software Consultant	5' 05"
9400	24-Feb-78	Diploma Business & Psychology	Personal Assistant	5' 03"
9401	8-Nov-88	MPharm	Associate Director	5' 07"
9402	5-Jan-88	Optometry	Optometrist	5' 06"
9403	13-Mar-81	LLB LLM	Investment Banking	5' 06"
9404	4-Dec-81	MSc Physics	Research Scientist	5' 09"
9405	20-Jun-87	MBA International Management	Amazon Web Service	5' 06"
9406	28-Jun-94	Master of Pharmacy, Dip in Clinical Pharmacy	Hospital Pharmacy	5' 05"
9407	13-Mar-91	MPharma	Pharmacist	5' 08"
9408	29-Aug-87	BSc Computer Science with Management	JP Morgan Data Analytics	5' 04"
9409	21-Jul-93	BA (hons) MSC	Trainee Solicitor	5' 04"
9410	13-Jul-91	BA Accounting and Finance ACCA	Management Accountant	5' 04"
9411	25-May-89	MA Maths	Actuary	5' 07"
9412	17-Jun-90	BSC Mathematics	Product Strategist in Asset Management	5' 04"
9413	25-Dec-85	MBChB MSc MRCS	Doctor	5' 06"
9415	8-Jan-97	BSc Computer Science	Senior Software Engineer	5' 06"
9416	13-Dec-81	GNVQ Advance Business	Pre School Teacher	5' 05"
9417	16-Jun-96	MBBS	Junior Doctor	5' 07"
9418	29-Jun-88	MA History	Project Co-ordinator	5' 06"
9419	14-Jul-90	Masters in Pharmacy	Clinical Product Pharmacist	5' 00"

9420	15-Nov-82	BA Economics & Business	Project Co-ordinator	5' 03"
9421	6-May-96	MBBS BSC	Junior Doctor	5' 08"
9422	19-Jan-93	MBBS BSc	Doctor	5' 02"
9423	8-Jun-91	BA Hons Accounting and Finance	Finance Assistant	5' 00"
9424	6-Jul-96	BSC Mathematics	Civil Service	5' 06"
9425	30-Mar-98	BA (Hons) PGCE & QTS	Teacher	5' 06"
9426	26-May-81	BSc (Hons) , ACA Chartered Accountant	Deputy Director General, Director of Policy	5' 04"
9427	12-Jun-84	BSc (Hons) , ACCA Chartered Accountant	Senior Financial Analyst	5' 07"
9428	3-Aug-77	Graduate BA	Civil Servant	5' 04"
9429	1-Feb-91	MBCHB, MPharm	Junior Doctor	5' 03"
9430	5-Aug-95	BDS	Dentist	5' 03"
9431	16-Sep-96	BSc Maths and Economics	Technical Business Analyst	5' 03"
9432	4-Nov-92	BA Business Studies	Test Analyst	5' 04"
9433	18-Jun-94	Degree	Junior Consultant	5' 04"
9434	12-Feb-87	BSc CIPFA	Accountant	5' 03"
9435	18-Dec-94	NVQ childcare	Admin Assistant	5' 07"
9436	8-Feb-86	LLB LLM	Lawyer	5' 06"
9437	31-Jan-92	Studying Business Management	Retail Assistant	5' 07"
9438	4-Feb-97	BSc Optometry	Optometrist	5' 04"
9439	21-Oct-93	CACHE Level 3 Dip. Nursery Nurse	Early Years Educator	5' 00"
9440	3-Aug-86	BSc Economics	Finance Analyst	5' 07"
9441	5-Jun-88	PhD Physics	PHYSICS LECTURER	5' 05"
9442	4-Dec-86	PGCE	Middle Leader	5' 03"
9443	9-Aug-86	City & Guild	Local County Council	5' 03"
9444	10-Oct-91	BA Hons	Trainee Solicitor	5' 03"
9445	13-Jul-95	BSc ACA	Chartered Accountant	5' 06"
9446	17-Nov-93	Degree	Professional Services	5' 05"
9447	13-Jul-88	BSc Computer Science	IT Incident Analyst	5' 05"
9448	27-Dec-77	BSc Marketing & Management	Administrator	5' 04"
9449	16-Jun-98	English Postgraduate PGCE	Teacher of English Secondary	5' 01"
9450	7-Sep-95	BSc Accounting And Finance	Audit Analyst	5' 07"
9451	10-Jun-91	LLB PGCE	Primary Teacher	5' 08"
9452	1-Sep-89	Law Degree	Solicitor	5' 07"
9453	9-Jul-93	Masters in Pharmacy	Lead Hospital Pharmacist	5' 06"
9454	3-Jun-98	MPharma (Master of Pharmacy)	Pharmacist (Pre-Reg)	5' 06"
9455	4-May-95	LLB Hons	Business Support Lead/Finance	5' 09"
9456	12-Aug-92	Masters	Architect	5' 04"
9457	26-Mar-91	MC Optom	Optometrist	5' 03"
9458	6-Aug-94	BSc Biomedical Science	Investment Banker	5' 06"
9459	6-Mar-95	BA Business Management	Customer Services	5' 02"
9460	22-Jan-87	BSC Nutrition	Lead Pharmacy Technician NHS	5' 03"
9461	23-Aug-95	LLB	Solicitor	5' 02"
9462	16-Sep-93	MBChB(Hons) BMEDSc	Doctor	5' 05"
9463	23-Jul-94	MBBS, MSC	Jnr Doctor	5' 06"
9464	10-Feb-94	BSc Economics	Investment Banking	5' 08"
9465	19-Jun-95	Medicine MD Clinical Attachment	Doctor	5' 05"
9466	7-Dec-75	BA (Hons) FCCA	Finance Business Partner	5' 05"

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